

FALLBROOK SENIOR CENTER

NOVEMBER 2025 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane
Monday - Friday Doors open at 10:30 we ask that you arrive by 11:00 760-728-4498

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Alfredo Broccoli Pasta Salad/Roll Fruit	4 Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit	5 Split Pea Soup with Ham Cheese Quesadilla Vegetable Salad/Roll Fruit	6 Shepards Pie with Mashed Potato Topping Spinach Salad/Roll Fruit	7 Curried Shrimp Vegetable Pasta Salad/Roll Fruit
10 Beef Stuffed Bell Pepper Vegetable Baked Potato Salad/Roll Fruit	11 CLOSED 	12 Herb Chicken Vegetable Quinoa Salad/Roll Fruit	13 Birthday Lunch Black Forest Ham Vegetable Sweet Potato Salad/Roll Dessert 	14 Baked Cod Vegetable Farro Salad/Roll Fruit
17 Beef Carne Asada Taco Vegetable Rice Salad/Roll Fruit	18 Celebrating Thanksgiving Turkey Mashed Potatoes with gravy Stuffing Green Beans Cranberry Sauce Salad/Roll Pumpkin Pie ▲ Live Music 	19 Sweet and Sour Meatballs Vegetable Rice Salad/Roll Fruit	20 BBQ Chicken Vegetable Baked Fries Salad/Roll Fruit	21 Fish Veracruz Vegetable Quinoa Salad/Roll Fruit
24 Chicken Tamales Beans Rice Salad/Roll Fruit	25 Beef Lasagna Zucchini Salad/Garlic Bread Fruit ▲	26 Turkey Noodle Soup Grilled Cheese Sandwich Vegetable Salad/Roll Fruit	27 CLOSED 28 CLOSED 	
 LEGACY ENDOWMENT Your pathway to community giving  Fallbrook Regional HEALTH DISTRICT		Meals are available for a \$5.00 charge per person for those aged 50 and above, and a \$12.00 charge for those under 50. Service is on a first-come, first-served basis. Menu is subject to change without notice. 		

▲ Denotes meal that is > 1,000 mg of sodium.